

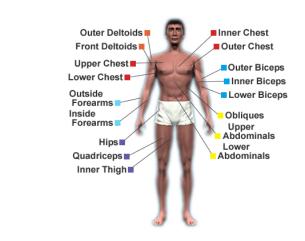
## Crossbow Workout Routine for Abs Printed on Apr 27 2010

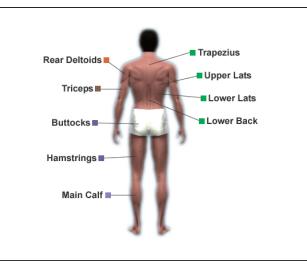
## Workout Routine Snapshot

1 Workout Days

4 Abs

- 0 Cardio Exercises
- 4 Strength Training
- 0 Stretching Exercises





Crossbow Workout Routine for Abs - Day 1											
Cardio / Strength Training		# of Sets	# of Reps	Progress	Log						
Abs   Crunch - Resisted (Cross)											
		3	6								
Abs   Reverse Crunch (Cross) - Resisted											
		3	6								
Abs   Twisting Crunch (Cross)											
		3	6								
Abs   Trunk Rotation (Cross)											
		3	6								

Detailed Strength 7	Γraining Exercise Ι	nformation	FitnessBliss.com   Copyright, Blisslogik Inc.					
		Abs   Crunch - Resis	sted (Cross)					
		Secondary Muscles	Upper Abdominals					
		Starting Position	Sit on the 45 degree bench position and grasp both handles over your shoulders.					
		Motion	Tighten your abs to lean your upper body forward and slowly return back after a short pause.					
	<b>Q</b> 32	Tips/Caution	Breathe out while contracting your ab muscles and breathe in while returning to starting position.					
		Abs   Reverse Crunch (Cross) - Resisted						
	7	Secondary Muscles	Lower Abdominals					
		Starting Position	Lie on your back on the flat bench, grip the bench with your hands, raise your thighs, bend your knees and attach your ankles to the ankle cuffs.					
		Motion	Pull the handles towards you with your legs by tightening your abs and allow them to slowly return after a short pause.					
		Tips/Caution	Breathe out while contracting your ab muscles and breathe in while returning to starting position.					
	7	■ Abs   Twisting Crunch (Cross)						
		Secondary Muscles	Obliques					
	7	Starting Position	Sit on the 45 degree bench position and grasp the left handle with your right hand over your left shoulder.					
		Motion	Tighten your abs and move in a diagonal direction so that your left shoulder gets closer to your right thigh and slowly return back after a short pause.					
	-00	Tips/Caution	Breathe out while contracting your ab muscles and breathe in while returning to starting position.					
		Abs   Trunk Rotation	n (Cross)					
	<u></u>	Secondary Muscles	Trunk, Obliques					
	1	Starting Position	Sit sideways on the bench and grasp the handle closest to you with both hands, arms extended.					
		Motion	Rotate your upper body away from the structure and allow it to slowly swing back after a short pause.					
		Tips/Caution	Breathe out while rotating away and breathe in while returning to starting position.					